

Emotions Follow Action

Most of us get this completely backwards. We tend to behave as if we are ruled by emotions. We look to business gurus and motivational quotes to try to muster up the enthusiasm we need to get work done. We read books, watch inspirational movies, go to support groups...it seems we'll go to great lengths to try to get some external motivation that will move us to action.

Ironically, we can end up doing a lot of work to avoid doing the work we tell ourselves we want to be doing!

This is all backwards. The reality is: *when you take action, you foster feelings*. Sure, sometimes enthusiasm can move you to act, but we can't rely on that to get us where we want to go. It's too unpredictable. The good news is that you can create enthusiasm by acting as if you were already enthusiastic.

This is so simple it's easy to gloss over and ignore. If you've been stuck for a while you may not believe me, or you may still be looking for some magic that will help get you unstuck and moving again. I'm telling you, *this* is the magic!

Today, as you identify what action can take you a little closer to your vision, you're going to set a very short time cap to act on it. 10 minutes is a good way to begin. Whatever you're doing in your future Vision, you're going to practice doing today. You're going to spend 10 minutes living as "future you".

We're not interested in results yet. The idea here is to begin to develop a daily practice. Even if you suck at what you're attempting to do, set a timer for a very short activity session and just start. Knowing that all you have to do is TRY for ten minutes can make taking action easier, and once you practice this daily action habit...

...observe the magic that takes place:

Action:

Daily:





